



Original art created for the program by Lansing artist Douglas Bailey

Tri-County Food, Friends, and Connections

Program Overview

The Food, Friends and Connections program aims to provide community, home-delivered meals, limited transportation, and companionship to adults age 60+ living with HIV in Clinton, Eaton, and Ingham counties.



The Food, Friends and Connections Program is Seeking:

- Adults age 60+ living with HIV interested in free home-delivered meals (regular and liquid)
- Adults age 60+ living with HIV interested in being paired with a companion volunteer for social interaction
- Volunteers of any age to be trained as companions to provide peer support for our older adult program participants

Volunteers, particularly those living with HIV, LBGQTQIA+, and those who are allies are encouraged to apply to the companion program.

The Food Program:

The Food, Friends, and Connections Program delivers free meals to older adults living with HIV in the Tri-County area Monday-Friday. This program is an option regardless of participation in the companion program.

The Companion Program:

The Food, Friends, and Connections Program provides a trained companion 1-2 times per week for scheduled visits with the participating adult age 60+ living with HIV. Each companion will be paired according to compatibility criteria after a thorough background check and initial training. Regular in-service training will be provided to the companion so the companion can serve as a resource and support, though the companion's main purpose is to listen and provide company.

COVID-safe guidelines will be maintained.

More Benefits for Program Participants

Building Community

The Food, Friends and Connections Program will provide you time with a companion who has been trained in techniques that can assist in stress relief, healthy nutrition, and better physical health. The program will also arrange group social time with other adults age 60+ living with HIV who are enrolled in the program.

Technology, as well as training on its use, will be provided to participants if necessary for social connection.

COVID-safe guidelines will be maintained.

How to Apply:

To sign up as a participant in the Food Program contact: Vicki Watson at 517-887-1391, watsonv@tcoa.org. You can also send out the following link to let folx sign up for the food program: [FFC Food Program](https://forms.gle/87XLqNCTE4aWYZkR9) (https://forms.gle/87XLqNCTE4aWYZkR9)

To sign up for the Companion Program or BOTH programs contact: Ashley Edwards at 517-420-6889, aedwards@laanonline.org. You can also send out the following link to let folx sign up for BOTH programs: [FFC Food and Companion Programs](https://forms.gle/mT2MrAaVKL3D4SrV7) (https://forms.gle/mT2MrAaVKL3D4SrV7)

To sign up to be trained as a Volunteer Companion please contact Emily Dievendorf at emily@villagestrategies.org or use the following link to apply to volunteer online: [FFC Volunteer Application](https://forms.gle/sZK1DLCegdvtknv5) (https://forms.gle/sZK1DLCegdvtknv5)

